

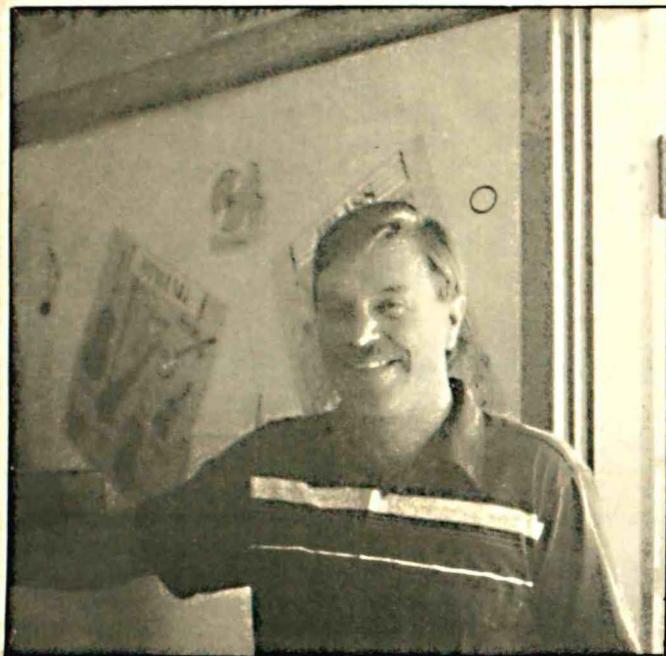
The Lemon Grove REVIEW

Vol. 42, No. 15

Serving Lemon Grove and nearby communities

Thursday, November 9, 1989 25¢

Tom Higdon, Lemon Grove schools' music director, receives honor



Lemon Grove music director, Tom Higdon, has been selected at "Teacher of the Year" for 1989-90 for his exemplary performance. Each year, for the past five years, the Lemon Grove School District principals have presented their nominees for this prestigious award.

Mr. Higdon, who grew up in Lemon Grove and attended Golden Avenue School and Lemon Grove Middle School himself, has been the music director for the district schools, as well as teaching band and orchestra students at Lemon Grove Middle School. The numerous music enrichment programs provided for the Lemon Grove community annually are only a small part of the schedule that Lemon Grove music students maintain. Each year, under his instruction, both band and orchestra students continue to place high in competition

during band and orchestra festivals and ensemble festivals.

The Lemon Grove Middle School Band, that is so often seen marching on School Lane, has placed as high as first in the Annual Maytime Band Review that includes bands from all over California.

The numerous parades and performances provide an opportunity to see the results of a director who cares about his students and the community they represent.

The Lemon Grove community congratulates Mr. Higdon in receiving the "Teacher of the Year" Award. He has shown dedication and motivation in his commitment to bring a good music program to the community. Representing East County in competition, the Lemon Grove music students shine brightly with outstanding performances of which we all can be very proud.

Bates announces deadline for academy applicants

Representative Jim Bates of San Diego announced a deadline of November 17, 1989, for high school students living in the 44th Congressional District to submit applications for nomination to the United States Service Academies.

Applicants for the class entering July, 1990, must be United States citizens, between the ages of 17 and 21 by July 1, 1990, and single with no dependents.

Applications for the Air Force (Colorado Springs, Colorado);

Naval (Annapolis, Maryland); Military (West Point, New York); and Merchant Marine (Kings Point, New York) Academy will be screened by a panel from the 44th Congressional District for nomination by Congressman Bates.

Interested students are encouraged to contact Kerri Benson Tweed at the San Diego office at 287-8851 or write: Congressman Jim Bates, 3450 College Ave., Suite 220, San Diego, Ca. 92115.

- WEATHER Page 2
- COMMENTARY Page 4
- CLASSIFIED Page 11
- POLICE & FIRE LOGS Page 2
- MOVIE PREVIEW Page 7

Part II, Thrillers



Pictured in front of original church built in 1939 are, from left to right: Msgr. Raymond C. Kirk, present pastor; Msgr. Patrick J. Kearney, pastor from 1968-1977; Bishop Robert H. Brom; Msgr. Raymond Moore, pastor from 1977-1986.

Coadjutor Bishop Robert H. Brom, Msgr. Raymond Kirk, pastor, and former pastors Msgr. Patrick J. Kearney and Msgr. Raymond Moore concelebrated a Mass of thanksgiving on October 29th, at the 50th anniversary celebration at St. John of the Cross parish.

Bishop Brom told the 1,000 persons crowded

into the church that he was "happy to begin his ministry in a parish setting and especially this parish...."

The parish's two English and one Spanish choir provided music for the bilingual liturgy. Following the Mass, there was a dinner at the Knights of Columbus hall.

Grove Meandering

By Fran Rottet

The banner is up at the corner of Broadway and Lemon Grove Avenue, heralding the annual Christmas Fair for St. Philip's Episcopal Church, at the corner of Palm and Hardy.

Gift ideas, baked goods and holiday decorations will be displayed Friday and Saturday, 10 a.m.-7 p.m. Be sure to stop by and buy!

Did you mark the calendar for the Annual Craft Fair at Skyline Wesleyan Church, 1345 Skyline Drive, Lemon Grove? November 17, 5-9 p.m., and November 18, 9 a.m.-3 p.m., are the dates and times. All proceeds go toward Mission Projects and the public is invited.

Official Ribbon Cutting Ceremonies were held last Friday at Lemon Grove Plaza. I wasn't able to stroll through the stores until Saturday afternoon, but there was plenty going on.

Some vintage cars were on display; there was live music during the day and all kinds of flyers and leaflets handed out to shoppers as they moved from store to store. What a terrific addition to our community!

During the week, I saw quite a bit of activity between the eastern and western corner at Broadway and Lemon Grove Avenue. By Saturday evening, the building

which housed Medic Pharmacy was bare to the walls, and the Lemon Grove Rexall Drugs building is re-stocked. Looks like the familiar name will be retained, but I have been unable to verify this.

At any rate, if you've been shopping at the drug store on the west side of the tracks, you can still do so.

How many of you dine at Heidi's on Broadway, visit the local library, bank at Imperial Savings & Loan, patronize Bernadine's Hair World, or worship at the United Congregational Church of Christ Church on Glebe Road?

The Lemon Grove Art Association wants everyone to know that the paintings you see displayed at these establishments are painted and displayed by members of the Lemon Grove Art Association.

The Board of Directors of the Art Association wants to thank these fine establishments for furnishing them space to display the work and invite you to enjoy the paintings the next time you visit.

All the ghost and goblins have left the area now and work is underway to transform the interior of the Crocker Bank Building into an interesting forest of Christmas trees and holiday decorations.

Activity continues at 7890 Broadway. A banner tells us that carpets and draperies will soon be available here. The corner is almost complete at Empire Beauty Supply and a whole storefront is underway for 7898 Broadway.

What a difference a day makes, eh? In this case, what a difference time makes. Our downtown area just keeps getting better and better.

If you have news items for the Lemon Grove Review, questions or concerns within the community, or need information, call me at 464-4274 between noon and 3 p.m., Tuesday through Friday. I'll try to help or find someone who can.

If you have questions about subscriptions to the Lemon Grove Review, the number to call is 469-0101.

INDEX

Classified.....	11
Opinion	4
Public Notices	10
School News	3
Service Directory	11
Sports Commentary	4
Worship Directory.....	6

San Miguel Fire Log

October 23, 1989

9300 blk. Kenwood. Female, DOA.
9900 blk. Jamacha Blvd. Male, fall victim.
9100 blk. Olive. Male, full arrest.
9000 blk. Rosedale. Male, medical aid.
500 blk. Paraiso. Male, medical aid.
9900 blk. Campo Rd. Assault victim.
2200 blk. Orchard St. Structure fire. Cause, unknown. Damage, \$2,000.

October 24, 1989

9000 blk. Outinda St. Female, difficulty breathing.
10300 blk. San Carlos Dr. Female, medical aid.
1700 blk. Windriver. Cancelled en route.
2000 blk. Terrakappa St. Male, medical aid.
3100 blk. So. Bonita. Brush fire, 3 acres. Started by juveniles.
4100 blk. No. Cordoba. Vehicle fire. Cause, undetermined. Damage, \$1,000.
10700 blk. Jamacha Blvd. Female, difficulty breathing.
3300 blk. Ybarra Rd. Female, overdose.
3200 blk. Sweetwater Sprgs. Non-injury auto accident.
10100 blk. Austin Dr. Good intent.

October 25, 1989

8700 blk. Troy. Stove fire. Resulting from food left on stove. Damage, \$400.
2600 blk. Jamacha Rd. Malfunctioning alarm.
9200 blk. Kenwood. Female, diabetic.
1600 blk. Canyon. Female, head injury.
600 blk. Sweetwater Rd. Female, head injury.
800 blk. Conception. Female, medical aid.
3200 blk. Sweetwater Sprgs. Male, head injury.
Sweetwater Rd./St. George. Male, neck pain.
Hwy 94/Kenwood. Smoke scare.
10800 blk. Calle Verde. Auto lock-out.

October 26, 1989

8800 blk. Jamacha Rd. Female, abdominal pain.
9700 blk. Dale St. Female, medical aid.
2200 blk. Peachtree. Female, possible heart.
1600 blk. Hilton Head Ct. Female, difficulty breathing.
9900 blk. Campo Rd. Male, seizure.
8600 blk. Jamacha Rd. Female, abdominal pain.
400 blk. Sweetwater Rd. Male, good intent.
Jamacha Rd/Hillsdale Rd. Water main break.
Orville/Safford. Female, back pain.
Dehesa Rd/Willow Glen. Female, fractures.

October 27, 1989

11900 blk. Campo Rd. Auto vs. telephone pole. Minor injury.
Del Rio Rd/Harmony. Auto vs. bicyclist. Leg injury.
Hwy 94/Bancroft. Cancelled en route.
Banock/St. George. Female, hyperventilating.
South Bay Parkway/Swap Meet Rd. Auto accident, DOA.
12600 blk. Hwy 94. Non-injury auto accident.
3500 blk. Kenora. Male, medical aid.
8900 blk. Harness. Male, difficulty breathing.
12500 blk. Hwy 94. Female, fall victim.
12100 blk. Via Hacienda. Cancelled en route.
100 blk. Lakeview Ave. Male, good intent.
10100 blk. Austin. Male, sore neck from assault.
Steele Cyn/Via Caliente Del Sol. Non-injury auto accident.
1400 blk. Gowin. Female, seizures.

October 28, 1989

Sweetwater Rd/Jamacha Blvd. Smoke check.
3000 blk. Highlands Blvd. Female, shortness of breath.
3200 blk. So. Barcelona. Male, fall victim.
Jamacha/Gustavo. Non-injury auto accident.
Jamacha Rd/Winchester Ln. Non-injury auto accident.
4500 blk. Lyons St. Cancelled en route.
2500 blk. Windriver Dr. Male, motor vehicle (moped) accident. Minor injury.
3900 blk. Conrad. Malfunctioning alarm.
No. Bonita/Campo. Auto lock-out.
9000 blk. Meghan Ct. Male, drug overdose.
10200 blk. Madrid Way. Auto lock-out.
600 blk. Kempton. Male, assault.
3600 blk. So. Barcelona. Cancelled en route.

Continued, this page

WEATHER

The following information was provided by the Lemon Grove Fire Department:

	High	Low
October 28	75	47
October 29	81	48
October 30	81	46
October 31	78	56
November 1	82	49
November 2	84	50
November 3	84	46

The precipitation this year to date is 0.43 inches. For the last year to date, the figure was 0.01 inches.

Highway Patrol officers honored

Seven El Cajon California Highway Patrol officers were honored recently by the Automobile Club of Southern California for their success in recovering stolen vehicles and arresting suspects.

Gary Clasen, manager of the Club's Grossmont district office, joined with chief Clarence Tuck and assistant chief Richard Lane to present the "10851 Award" certificates and pins to Traffic Officers Judy Brown, William Kirby, Robert McLean and David Larson during the 10:30 a.m. training day at the El Cajon CHP office. Officers John Sjursen, David Marriott and Thomas Lackey also earned the award but were unable to attend the ceremony. The "10851 Award" gets its name from the California Vehicle Code section that prohibits the theft of vehicles.

Last year, the Stolen Vehicle Information System in Sacramento reported more than 260,000 vehicles stolen in California, representing \$890 million in losses. Law enforcement agencies are now realizing an 89.1 percent recovery factor.

Lemon Grove Review

P.O. Box 127, Lemon Grove, CA 92045 • (619) 469-0101

Published every Thursday at 7834 Lester Ave., in Lemon Grove, California, 92045. Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949.

Adjudication Number 155392. \$15 by mail, yearly

Pete Kaufman Publisher
Max Goodwin Editor Emeritus
Robert Teel Advertising Rep

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope. All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order. Only publication of an advertisement shall constitute final acceptance. Address all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 92045

This week's report from the Lemon Grove office of the County Sheriff's Department was unavailable at press time.

San Miguel Fire Log

Continued from Column 1

October 29, 1989

9000 blk. Campo Rd. Male, difficulty breathing.
8600 blk. Troy. Non-injury motorcycle accident.
3800 blk. Conrad. Female, dizziness.
700 blk. Vista Grande. Down voltage lines.
10500 blk. Rancho Rd. Electrical short. No fire.
1900 blk. Foyt Ct. Extinguished oven fire. No damage.
6300 blk. Swap Meet Rd. Male, good intent.
Hwy 94/Steele Cyn. Auto accident, head injury.
8700 blk. Jamacha Blvd. Non-injury auto accident.
700 blk. Washington St. Female, diabetic.
10100 blk. Grandview. Female, fall victim.
Hwy 94/Faire Acres. Reported vehicle accident. Left scene.
Campo Rd/Merritt Dr. Good intent.
1300 blk. Darby. Female, diabetic coma.
Carob Tree/La Cresta Rd. Non-injury auto accident.

October 30, 1989

12200 blk. Calle Albara. Male, fall victim.
1600 blk. Canyon Rd. Female, asthma attack.
2600 blk. Sweetwater Sprgs. Grease fire, no damage.
2900 blk. Apricot. Female, severed toe.
600 blk. Sweetwater Rd. auto vs. motorcycle. Non-injury.
4200 blk. No. Rogers. Male, fall from ladder.
1000 blk. Leland St. Female, medical aid.
9000 blk. Daveanrich. Fire in 3 palm trees, Damage, \$500.
9000 blk. Orville. Structure fire.

Lemon Grove Fire Log

October 27, 1989

Lemon Grove Ave. & 94. Medical aid, vehicle accident.
94 offramp at Massachusetts. Medical aid, vehicle vs. bicycle.
4300 blk. Beverly. Automatic aid, reported structure fire.
94 east, west of Broadway. Vehicle accident.
8200 blk. Palm. Medical aid. Female, lower spine injury.
Swapmeet Road & Sweetwater. Medical aid, multi-car accident.
3500 blk. West St. Medical aid. Infant, parents unable to wake baby.

October 28, 1989

3600 blk. Grove. Medical aid. Male, fell out of first floor window.
2100 blk. Ensenada. Medical aid. Female, difficulty breathing.
Hwy 94 westbound at Grove. Vehicle fire, cancelled.
7500 blk. High St. Automatic aid. Female, assault victim.
3400 blk. Main St. Medical aid. Male, head injury.
7500 blk. North Ave. Medical aid. Male, fight victim.

October 29, 1989

7800 blk. Central. Medical aid. Female, iron burn.
3300 blk. Lemon Grove Ave. Medical aid. Male, intoxicated, passed-out.

October 30, 1989

6900 blk. San Miguel. Medical aid. Male, dislocated arm.
2100 blk. El Dora. Medical aid. Female, possible choking.
Hwy 94 westbound. Medical aid, single vehicle accident.
Hwy 94 west at Federal. Medical aid, vehicle accident.
3200 blk. New Jersey. Medical aid. Auto vs. child.
2600 blk. Sweetwater Springs. Structure fire, cancelled enroute.
1400 blk. Arthur Neal Ct. Medical aid. Male, seizure victim.
7900 blk. Broadway. Medical aid, transient sleeping.
3200 blk. College Pl. Medical aid. Female, fell in elevator.
3600 blk. Calavo. Odor check, cancelled enroute.
1400 blk. El Prado. Medical aid. Female child, high fever & convulsions.
2200 blk. Massachusetts. Medical aid. Female, difficulty breathing.

October 31, 1989

3700 blk. Fairway. Automatic aid. Gas leak from vent on gas tank on a vehicle.
7800 blk. North Ave. Medical aid. Male, burn victim from tar pot.
3900 blk. Charles St. Automatic aid. Cancelled from primary staging.
2700 blk. Glebe Rd. Trash fire. Metal shed with newspapers involved with fire.
8000 blk. Palm. Public assistance. Assisted victim into bed.
2200 blk. Massachusetts. Medical aid. Fall victim having neck pain.

November 1, 1989

7900 blk. Palm. Medical aid. Female, difficulty breathing.
3600 blk. Grove. Medical aid. Female, seizure victim.
Olive & Central. Medical aid, two-vehicle auto accident.
Hwy 94 east, east of Grove. Medical aid, two-vehicle auto accident.

November 2, 1989

8900 blk. Lamar. Automatic aid, baby choking.
7600 blk. Church. Structure fire, oven grease fire.
7900 blk. Palm Ave. Medical aid, reported difficulty breathing.



CONRAD
Lemon Grove Mortuary
INDEPENDENTLY OWNED AND
OPERATED BY THE CONRAD FAMILY
OUR FAMILY HELPING YOUR FAMILY
460-4601

Mt. Miguel *El Trovador* News Briefs

Mount Miguel's football team defeated West Hills 35 to 21 last Friday to capture a playoff berth. Earl Bryers and Corey White both rushed for 100 yards against West Hills. This week's game is tonight at Helix at 7:30 and will be a battle to recapture The Claymore for Mount Miguel.

The Mount Miguel band and Specialty Corps participated in two competitions this past weekend. In the Santee Parade, both the band and Specialty Corps captured first place. At the El Camino Tournament, the band placed second and the Specialty Corps took third place.

Girls' volleyball closed their season on a high note as they battled the undefeated Helix squad on November 2. Although losing 3 matches to one, they handed Helix their second only match loss for the Grossmont season.

"Reflections," Mount Miguel's creative writing magazine, produced by the Creative Writing class under the supervision of Mrs. Pat Curtis, begins its 1990 edition this month with the formation of its staff headed by Robin Isbell, who has been elected Editor-in-chief. The magazine, which features literary and art work from all students on campus will be published in the spring.

Over 35 competitors from Mount Miguel will attend the North County speech tournament at Mesa College. The competition will feature dramatic events this Saturday, November 11.

Deserving students named to court

Mount Miguel Homecoming Queen, Tracey Parker and King, Jeremy Howard, took a royal walk at the Homecoming dance held Friday, October 27. Both students were selected by their fellow seniors because of their outstanding commitments to the school over the past four years.

Tracey Parker began her Freshman year as Freshman Class President, Spanish Club Vice-President, cub reporter of *El Trovador* and participant in Junior Varsity Volleyball, Varsity basketball and Varsity track. Her Sophomore year she was President of Spanish Club, Secretary for Upward Bound, Sports Editor for *El Trovador*, played Varsity volleyball, basketball and track,

Hobby Ambassador, Outstanding High School Student of America (OHSA), Student Council Representative, Peer Counseling, 1987-88 Mount Miguel Athlete of the Year, California Scholarship Federation, and Chess Club. Her junior year continued with enthusiasm including Peer counseling, Sports Editor of *El Trovador*, Varsity Volleyball and track, Upward Bound, Student Council Representative, C.S.F., Junior Prom Committee, Bull Ben, OHSA, Hobby Ambassador, and Junior Miss Pageant. This year she is Senior Class President, Editor-in-chief of *El Trovador*, played Varsity volleyball, basketball and track, and is a member of Upward Bound, OHSA. Hobby

Ambassador and CSF. In addition, Tracey has worked part-time in the last three years.

Jeremy Howard became a member of the student council his Freshman year and participated in Junior Varsity Basketball. His Sophomore year, in addition to again being on Student Council he was a member of the Cross Country Team. As a junior, Jeremy became an Associated Student Body Commissioner and Vice President of the Student Council. He was on the Executive Council, the Honor Roll, and was elected Sweetheart Prince. This, his Senior year, Jeremy is President of the Student Council and a member of the Executive Council.

A new program called the Keep in Touch (K.I.T.) Program is being considered for Mount Miguel's Class of 1990. If adopted, the graduates will be able to stay informed about their classmates' whereabouts and accomplishments over the next ten years. Other schools may also take part in this program.

The Child Development classes of Mount Miguel are selling Lite Cuisine cookbooks as a fundraiser to be able to take field trips next semester.

Mount Miguel water polo had a 18-12 victory against the Helix Highlanders in their second game of CIF on Friday, November 3 at Mount Miguel pool. Playoffs will continue throughout this week.

The following colleges will send a representative to visit Mount Miguel on the following days: Nov. 14, University of San Francisco, 8 a.m.; Nov. 15, University of Santa Cruz, 10 a.m.; Nov. 16, University of Southern California, 11 a.m.; Nov. 20, Christian Heritage College, 10 a.m.; Nov. 21; Loma Nazarene College, 10 a.m.

Interested students may attend by signing up with Mrs. Perrapato in counseling.

The Mount Miguel Spanish club will be selling used items at the Spring Valley swap meet on Saturday, November 11. The money will be used for the club's Christmas dinner.

Girls' gymnastics classes are beginning at Mt. Miguel this year. The first meeting was held Monday, November 6.

Art Association to hold meeting, sale

El Cajon Art Association events for November include the regular meeting on Monday, November 13, at the Gallery which is located in the Rancho San Diego Plaza, 2940 Jamacha Road, suite F.

At that time the new membership show will be hung and a demonstration of painting techniques will be given by Robert Landry, who is well known in San Diego art circles both as an artist and a teacher of many years standing. The meeting begins at 10 a.m. and interested parties are cordially invited.

Also on the November agenda is a sale of artists' materials. The sale will be at the home of Helen Klungnes, 4645 Marcia Lane, El Cajon on November 18th. For more information call Helen Klungnes at 447-2651 or Georgiana Clemens at 444-8018. The public is invited.

Framing art to be demonstrated

"How to Mat, Frame, Crate and Ship Your Work" are the topics to be covered in the next educational evening at the San Diego Art Institute. Stuart Burton, an artist and printmaker, is the owner of Rogue Graphics in North Park. Rogue Graphics is an active framing and matting shop as well as an exhibiting space. Stuart will discuss how to mat and frame your work.

Raymond Markarian has years of experience building crates for his artist/wife Alexia. Ray also orchestrates the movement of group shows that he initiates. He has served for 3 years as "receiver" of works shipped to the Art Institute's Annual exhibits. Ray will explain how to build and ship a crate.

This educational program is FREE to the public and will be held on Thursday, November 16 at 7 p.m. at the San Diego Art Institute Gallery in Balboa Park.

Just 1 bite!

and you'll discover the new #1 Chinese restaurant in Lemon Grove.

Yes, the new owners of *FIRST CHINESE FOOD EXPRESS* are certain that after just one bite of their tasty, highest-quality, Chinese food, you'll want to come back again and again.

And you can afford to come often, as combination plates start at only \$2.75.

FIRST CHINESE FOOD EXPRESS

#1 in Lemon Grove

7125 Broadway

Directly across from the new Alpha Beta

Monday-Saturday, 11:00 a.m.-8:30 p.m.

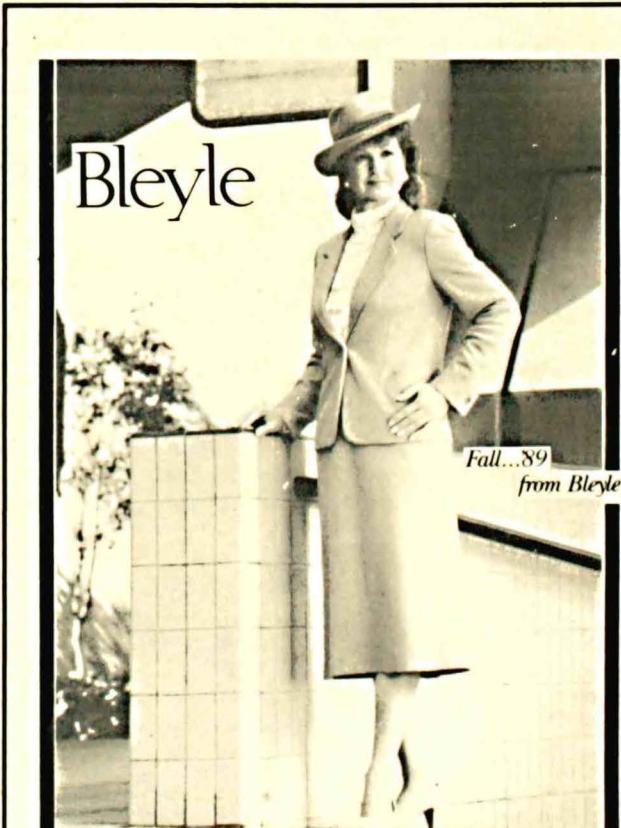
CALL 698-5512

Think of us as a 411 for physicians.

Now finding the right doctor is simple. Just call us. We've got more than 250 physicians in most every specialty. So we can recommend one that best meets your needs. After all, who knows more about doctors than a hospital.

**GROSSMONT HOSPITAL
PHYSICIAN REFERRAL**

589-3939



bleyle
knitwear and accessories

5500 grossmont center drive
la mesa (next to buffum's) 466-7154

Open 10-9 weekdays
10-6 Saturdays
11-5 Sundays

Our Bleyle suit of knit flannel separates . . . deluxe texture, light weight and easy wearing.
Always right, always wearable, this classic styling is uninfluenced by the whims of fashion.

Commentary

by Max Goodwin

You can't believe everything you read in the newspapers.

Add to that the adage that a picture is worth 1,000 words.

To make the point, in Sunday's newspaper, taking a good part of the comic pages, was an American flag in full color.

There, in the center of a Doonesbury panel, was the flag, with comments by the capable, waspish cartoonist, Gary Trudeau. He made cogent points with his warning about George Bush's proposed constitutional amendment which would control the disposal of an American flag.

His characters at the edge of the panel noted almost any disposition of the comic page's flag would violate Mr. Bush's proposal.

"You can't use the paper to line a bird cage or train a puppy," he said, calling it desecration.

Throwing it in the garbage, "ditto."

"No using it to start a fire in the fireplace—that's flag burning," he noted.

Trudeau's cartooning makes a painful point as he does so frequently.

We know flag desecration is wrong but as it is with so many laws that we labor under, we became law-breakers of the very laws enacted to protect us.

An indication of the fall-out of such laws came from some material I have researched in a study from the Heritage Foundation of Washington.

Heritage reported several months ago that the city of Oakland, California had enacted a law that requires a local resident, Glen Dahlbacka to change his profession or leave town, although he has two years to choose his fate.

Dahlbacka, you see, is a physicist consultant, who does nothing more than sell his scientific knowledge to those who require such help.

His crime, according to Oakland authorities, is that he is violating Oakland's nuclear-free zone laws, which are similar to those enacted by approximately 150 other U.S. communities.

But Oakland's law is far more onerous than in other communities. The law, passed in a referendum last year, declares all nuclear weapons' work (including work on non-nuclear components and devices for transporting, guiding and triggering

such weapons) is to be barred from the city.

Dahlbacka and other scientists who work on classified nuclear projects are required to file a report with the city and to post a sign at his home declaring "Nuclear weapons work conducted here."

The city also bars itself from investing in or buying goods or services from firms or persons it identifies as being in the nuclear weapons component service or manufacturing business.

Interestingly, the Department of Energy's main office for the coordination of nuclear work is in Oakland.

It appears that as cities and states develop such controls, they are compromising foreign policy, an area in which it is crucial to have a strong, centralized federal oversight.

Fallout in Oakland, if the law is fully implemented, includes the banning of the city doing business with AT&T, Dupont, General Electric, General Motors, Ford Motors and IBM.

Other foreign policy regulations adopted by local laws are Baltimore, Seattle and a host of other U.S. cities with "sister cities" in communist Nicaragua and who send economic assistance to the government there.

A Minneapolis ordinance restricts city investment from firms doing business in Northern Island, and Massachusetts tried to pass a similar law. Michigan tried to ban city investment in firms doing business in the Soviet Union.

Some cities have passed laws mandating divestment from companies doing business in South Africa through existing federal sanctions required nothing of the sort.

While there is plenty of room for conflicting views on foreign policy, only the federal government should set such laws.

Even so, much foolishness becomes part of such laws—regulations that had not been thoroughly thought out.

Certainly, American flag desecration should not be tolerated, but consecrating a comic page picture is senseless.

All of which goes to indicate that the Constitution, regardless of its age, is still viable.

It is those who have amended it that have made some regulations absurd.

over body" and the secret of longevity is to keep your mind busy and the body will thrive.

Why do women live so much longer than men? Is it because they tend to keep their minds busier than men? Was it because Adam gave his best rib to create woman? Was it the fact that Eve was the first "health nut" by eating apples, even the one that was forbidden? Was it because the "women of old" did all the chores while the men hunted for food? Whatever the reason, women have evolved to be the stronger sex.

My life has always been such a whirlwind of business and extra-curricular activities that it seemed like there were never enough hours in the day. My best productivity was during those hectic times. My worst days were after my disability, just lying around the house feeling sorry for myself.

After a couple of years of "brain sleep," I went back to college, due to the urging of my son, Dannie. Now a whole new life has emerged for me. Thank God and Dannie for helping me remove some of the cobwebs from my brain. So now writing with my word processor that Dan built for me, and some church activities, I am keeping the mind busy again and have left the old, tired body to try and keep up.

From Where I Sit

by Frank Andrews

Hard work never hurt anyone?

We have all heard the expression, "Hard work will never hurt anyone."

In my younger days, I was always guilty of long days of hard manual labor. Because I was always a big hulk of a guy, everyone called on me to: "Lift that barge, tote that bale, you're so strong, not weak and pale." To prove my strength, I would accommodate and lift almost anything.

Those many years of abuse to my body has finally taken its toll. Some of my parts have worn out already, and some have been replaced, now ready for their "1000 mile check-up." If I would have only known that I was going to live this long, I would have lubed my parts more often.

I wish I had as much pep and drive as some of the celebrities: Bob Hope, George Burns, or Don Ameche, just to mention a few; all in their 80's or 90's and still going strong. I would bet that not one of those famous men ever had a hammer or a shovel in their "lily whites." None of them have to work now for financial reasons, but just to keep cobwebs out of their minds. That goes to prove that it's "mind

over body" and the secret of longevity is to keep your mind busy and the body will thrive.

Why do women live so much longer than men? Is it because they tend to keep their minds busier than men? Was it because Adam gave his best rib to create woman? Was it the fact that Eve was the first "health nut" by eating apples, even the one that was forbidden? Was it because the "women of old" did all the chores while the men hunted for food? Whatever the reason, women have evolved to be the stronger sex.

My life has always been such a whirlwind of business and extra-curricular activities that it seemed like there were never enough hours in the day. My best productivity was during those hectic times. My worst days were after my disability, just lying around the house feeling sorry for myself.

After a couple of years of "brain sleep," I went back to college, due to the urging of my son, Dannie. Now a whole new life has emerged for me. Thank God and Dannie for helping me remove some of the cobwebs from my brain. So now writing with my word processor that Dan built for me, and some church activities, I am keeping the mind busy again and have left the old, tired body to try and keep up.

Mission Valley VFW events planned for month

Mission Valley Veterans of Foreign Wars Post and Auxiliary No. 3787, located at 4370 Twain Avenue, announced the following planned activities.

On Veteran's Day, November 11th, the Post and Auxiliary will hold a Membership Dinner, hon-

oring the "Early Birds," those who have paid their membership dues prior to September. There is a very fine menu planned for this evening. All members are asked to attend and are urged to pay their dues prior to December 31.

On Saturday, November 18th,

members have planned a "Post Hopping" Tour. This is an activity wherein the members visit Posts throughout San Diego County in order to get acquainted. This promises to be a most enjoyable evening. Members should meet at the Post Home.

Sports Commentary

By John E. Wirges

Playing for Big Bucks

All-around superstar infielder Carl Ripken, Jr. of the Baltimore Orioles leads the American League in earnings last season with \$2,466,667.

Jack Clark earned an even \$2 million to pace Padres employees. Tony Gwynn, who won his 3rd straight National League batting title, earned \$1,131,667. He was 4th best on the Padres payroll behind Clark and pitchers Bruce Hurst (\$1,733,333) and Eric Show (\$1,450,000). Pitcher Eddie Lee Whitson joined the millionaire's club with \$1,050,000.

The Padres' player payroll totaled \$12,944,000 to place 15th in the major league salary derby. They were just about in the middle of the payroll parade, but that figures to change if they are successful in re-signing Mark Davis and inking free agent pitcher Mark Langston to a Padres contract.

Pitching aside, the big money goes to big boppers and consistent high average hitters. You can't teach hitting with power or pitching to the talentless, but you can improve your batting average with dedication and practice.

The difference between a .250 and a .350 batting average is about 60 hits a year. That's just 2.4 more hits a week over the 6 months of the major league season.

A drag bunt here and well-placed single there makes all the difference in the world. And you can sharpen the skills required for that with practice, with working at putting the ball in play. Sounds simple, doesn't it?

But it works. Ask Tony Gwynn or Pete Rose, or any of the millionaire high-average hitters.

So get out there you dads. Play ball with your sons. It's great fun and who knows. It could be the start of something big.

Spaying, neutering pets prevents animal neglect

To help dog and cat owners spay or neuter their pets at reduced fees, the Coalition for Pet Population Control has organized a list of veterinarians who are lowering their spay/neuter fees throughout the month of November, "Spay/Neuter Month."

"Pet owners simply call 294-PETS to find a veterinarian in their local community who's participating in this special program," stated Coalition Chair Sally Hazzard. The program was established with the cooperation of the San Diego County Veterinary Medical Association.

"The Coalition for Pet Population Control wants dog and cat owners to know the benefits, as well as the importance, of spaying and neutering," said Hazzard. Hazzard, who is the director of the San Diego County Department of Animal Control, explained that the Coalition consists of thirteen animal agencies throughout the county.

According to the Coalition, a pet who's been altered is less likely to roam away from home to

search for a mating partner. Additionally, spayed and neutered pets are less susceptible to acquiring various health complications involving reproductive organs.

Although the Coalition's member agencies are unrelated, serving various parts of the county with different services and programs, each one is dedicated to controlling pet overpopulation throughout San Diego County.

"Pet overpopulation is a serious concern to us," Fred Lee, executive director of the San Diego Humane Society & S.P.C.A., explained, "because an animal born unwanted faces such a large chance of suffering neglect, abuse or abandonment." He added, "And there simply are not enough loving homes in San Diego County for all the animals that are born here."

For additional information about spaying or neutering, the Coalition for Pet Population Control suggests a pet owner contract his or her veterinarian, local humane society or department of animal control, or call 294-PETS.

3RD BIG WEEK

Skaggs
AlphaBeta
Drug & Food

GRAND
PRIZE
DRAWING
WEEK OF
NOV. 12, 1989
WIN A
FORD
RANGER
DETAILS IN STORE

GRAND OPENING

Come in and See Our NEW Store in...
LEMON GROVE

SAVE 82¢
• 32 OZ.
• LIGHT • CHOLESTEROL FREE
BEST FOODS
MAYONNAISE
1 39
EA.



Skaggs AlphaBeta
Drug & Food

WITH THIS COUPON

SKU 744

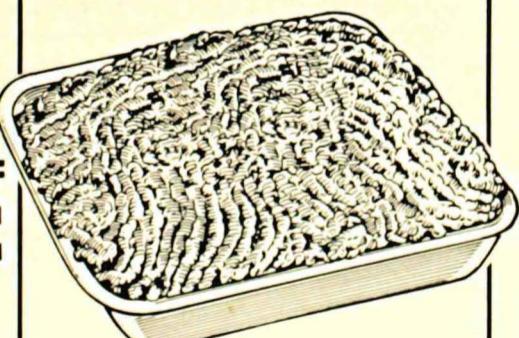
• 64 OZ. • CHILLED
SKAGGS ALPHA BETA
ORANGE JUICE

FREE

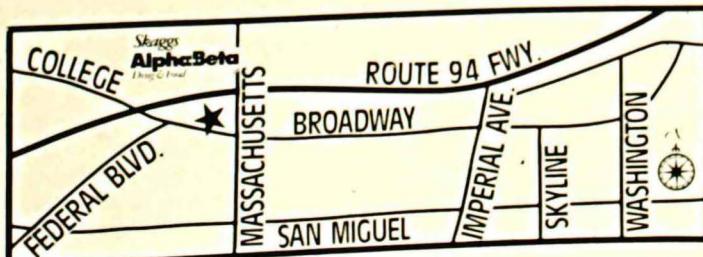
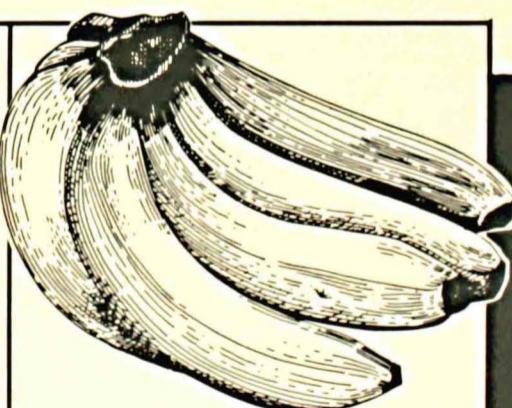
WITH A \$10.00 MINIMUM PURCHASE EXCLUDING
ALCOHOLIC BEVERAGES, TOBACCO AND FLUID MILK
PRODUCTS. LIMIT ONE 64 OZ. CARTON PER COUPON
AND ONE COUPON PER CUSTOMER.
COUPON GOOD THRU SUN., NOV. 12, 1989
ONLY AT LEMON GROVE STORE,
7090 BROADWAY



SAVE 61¢ LB.
• ANY SIZE PKG. • DOES NOT
EXCEED 30% FAT CONTENT
FRESH
GROUND BEEF
78¢
LB.
LIMIT 6 LBS.



GOLDEN RIPE
BANANAS
4 100
LBS.



LEMON GROVE
7090 Broadway
OPEN 24 HOURS

PRICES EFFECTIVE THURS., NOVEMBER 9 THRU SUN., NOVEMBER 12, 1989

Lutheran Church anniversary celebrations draw to a close

The last weekend of celebrating their 40th anniversary observation will end on November 11-12 for members, former members and friends of Lemon Grove Lutheran Church.

On Saturday evening members will have the privilege of listening to the first resident pastor of the church, Rev. W. LeRoy Elster, speak to them on "About Sheep and Shepherds" at a dinner in the Lemon Grove Masonic Temple. Special music, remarks by the current president of the congregation, Lee Selvig, an invocation by pastor emeritus, A.R.H. Johnson, a walk down the 40 years of memories with Lillian Collete, their only woman president and closing remarks by the Rev. E.J. Volkmann will mark the evening.

The Rev. Hardis C. Bakken,

Woman's Club, Vogues to meet

On Friday, November 10th, President Dorothy Smith will call the meeting of the Lemon Grove Woman's Club to order at 1:30 p.m. in the Sunshine Hall at 2798 Olive Street. There will be discussions on donations to several charitable organizations. Coffee and cookies will be served.

The Vogue Evening Section will meet on Monday, November 20th, at 7:30 p.m. Janet Sauer, chairman, will conduct the meeting. Vogue sponsored the cookies for the Lemon Grove Fire Department's Open House on October 14th, and one member cooked a prime rib for the firemen that same evening, as she has for the last fourteen years.

Golden Avenue teacher honored

Julie Barone, a teacher at Golden Avenue Elementary School was recently awarded the prestigious certification in elementary school science from the National Science Teachers Association (NSTA) as a result of her participation in a three-year program sponsored by UCSD.

Barone was presented her certificate by NSTA President Dr. Hans O. Andersen along with 66 other San Diego-area teachers. The teachers were among 100 elementary school teachers participating in the second year of a three-year UCSD institute funded in part by a \$940,000 grant from the National Science Foundation (NSF). The institute is designed to develop a cadre of 100 elementary school teachers who will serve as leadership/resource teachers in their respective school districts. Each year of the three-year program includes an intensive summer study at UCSD followed by eight meetings during the academic year. The focus of instruction was life science the first year, earth science this current year, and physical science next year.

Public invited to church concert

On November 12th Anne Manning and John Cottone will be in concert at Foothills United Methodist Church, 4031 Avocado Boulevard, La Mesa. The concert begins at 7 p.m. in the sanctuary. Manning's beautiful soprano voice and Cottone's tenor voice blend in harmony in lovely duets that range from classical to contemporary music.

Dear Neighbor,

Please come to a free lecture entitled

"Preserving the Integrity of Home"

by

Arno Preller, C.S.B.

Member, Christian Science Board of Lectureship
Boston, Massachusetts

2:00 p.m.

Sunday, November 12, 1988
in the

LA MESA COMMUNITY CENTER
4975 Memorial Drive, La Mesa

Child care & Parking will be provided

Sponsored by:

First Church of Christ, Scientist
La Mesa

Long term side effects of cancer survivors discussed at symposium

A nine-year-old former leukemia patient sits in his classroom in a suburban Arizona school, staring into space. The teacher, unaware of his former battle with cancer, has seen this behavior so often she just ignores him.

This child is part of a growing group of survivors of childhood leukemia. In 1967, the average survival rate for the disease was 15%. Today it is 65%.

"The Survivorship Movement," a result of the increasing number of cancer survivors and their unique problems, was one of the topics discussed at the Ninth Annual Cancer Symposium for Nurses sponsored by the Stevens Cancer Center of Scripps Memorial Hospitals.

The symposium was held October 30th through November 1st at the Sheraton Harbor Island East in San Diego in conjunction with the 13th Annual Symposium for Physicians.

"Our message is that there can be quality living after cancer," said Susan Leigh, R.N., a sur-

vivorship consultant to the Arizona Cancer Center. "We want to provide information and assistance for the special problems people who have had cancer may face," said Leigh.

The difficulties range from the emotional and physical side effects of cancer and therapy to job discrimination and difficulty obtaining medical insurance.

The nine-year-old who didn't pay attention in school, according to Ki Moore, R.N., D.N., Sc., assistant professor at the University of Arizona College of Nursing, was diagnosed with acute leukemia at the age of three. He had extensive radiation therapy, chemotherapy and three years of maintenance drug therapy.

"In school, the boy had problems with paying attention, memory and visual skills," said Moore. "The teacher was at a loss as how to deal with him so she just let him sit."

"The real problem was he probably couldn't even remember what he was supposed to do," said Moore.

Help finally came when a nurse met with the teacher and talked about strategies for improving his classroom skills including his need for special education.

Children who are considered cured of leukemia—those who remain disease-free five years following therapy—are ten times more likely to face cancer again than other children their age. Long-term effects of treatment may appear months or years later, according to Moore.

These effects, in addition to the risk of developing other cancers, may include diminished IQ's, specific learning disabilities, growth deficiencies, metabolic problems, reproductive system abnormalities and impaired immunity.

In addition, after a patient is "cured," can be an especially frightening time since many of the initial support systems are gone.

For more information, call the Stevens Cancer Center of Scripps Memorial Hospitals at 457-6756.

LEMON GROVE LUTHERAN CHURCH

*Marks 40 years of service
to Lemon Grove Worshippers*

at 9:00 a.m.

Sunday, November 12 services

Rev. Hardis C. Bakken
former pastor preaching



Communion,
special music,
dedication of gifts

E.J. Volkmann, pastor

A.R.H. Johnson, pastor emeritus

Worship Directory

LEMON GROVE LUTHERAN CHURCH

Corner Skyline & Alton Drive

Edward J. Volkmann, Pastor

Telephone: 465-7301

Worship 9:00 a.m. Sunday School 10:15 a.m.

Attend This Church or Another Good Church

TRINITY BAPTIST CHURCH

8487 Paradise Valley Rd., Spring Valley

GEORGE W. PANNEL, PASTOR

Telephone: 479-0378

THE POTTER'S HOUSE CHRISTIAN FELLOWSHIP

123 Worthington Street, Spring Valley

Alpheus Fisher, Pastor 479-1460

Sunday Worship: 11 a.m., 6:30 p.m.

Sunday School: 10 a.m. Sun., 7:30 p.m. Wed.

LEMON GROVE CONGREGATIONAL UNITED CHURCH OF CHRIST

2770 Glebe Road • Lemon Grove

Edward & Joan Pettis, Co-Pastors

Sunday Worship & Church School, 10:15 a.m.

THE CHRISTIAN CHURCH

of Lemon Grove

6970 San Miguel Avenue

465-1888

TOM WEST - Minister

JOHN KENNEDY - Assoc. Minister

BIBLE SCHOOL and WORSHIP 8:15, 9:15 & 10:30

SUNDAY EVENING-6:00 WORSHIP.

Nursery through Children's Classes Provided

A Friendly Christ Centered Church

PLEASE COME AND WORSHIP WITH US!

ST. JOHN OF THE CROSS CATHOLIC CHURCH

8086 BROADWAY

LEMON GROVE, CA 92045

PASTOR MSGR. RAYMOND C. KIRK

Call Rectory for information

and Mass Schedule. 466-3209

Your church could be in the Worship Directory.
Call 469-0101 for rates and other information.

Joe Freed on the movies

Film Preview: 1990
Part Two—Thrillers

"Narrow Margin"—Veteran suspense-actor Gene Hackman stars as a Los Angeles lawyer who is sent to Canada to retrieve a witness in a mob murder trial. A great deal of the film takes place during his return to the states while protecting the witness, played by "Fatal Attraction's" Ann Archer, from mob hit-men. The action surrounds their train ride through the Canadian Rocky Mountains and director Peter Hyams, ("The Presidio") has said that the film is a homage to old-fashioned murder-mysteries, many of which took place aboard trains. Tri-Star Pictures.

"Internal Affairs"—Andy Garcia, of the recent "Black Rain" is an investigator for the Internal Affairs Department of the Los Angeles Police Department. Assigned to probe his fellow officers for incidents of corruption, Garcia finds himself a very unpopular fellow, and his life is

soon in jeopardy. "Internal Affairs" also stars Richard Gere as one of the corrupt after Garcia's life, and Nancy Travis is the love interest. Paramount.

"Frankenstein Unbound"—Combing the concept of time travel with the 19th century classic horror by Mary Shelley, "Frankenstein Unbound" follows the adventures of 21st century scientist Jeremy Irons, ("Dead Ringers"), as he travels back in time to discover that Dr. Frankenstein was no work of fiction. Bridget Fonda ("Scandal") co-stars as Mary Shelley, with Raul Julia ("Moon over Parador") as the lunatic doctor. 20th Century Fox.

"The Guardian"—A young working couple doesn't have time to care for their newborn child, so they hire a nanny to watch over the baby when they're not available. However, the couple soon

finds themselves unable to discern whether the nanny is just a little strange, or all-together evil. When they realize that she is, in fact, of evil nature, they must fight to restore their child and their family. "The Exorcist" director William Friedkin returns to the horror genre, and he has said that he wants the film to rely on elements of the story rather than the slasher shock-value of modern horror. Universal.

"Blue Steel"—Former horror-queen and "A Fish Called Wanda" star, Jamie Lee Curtis, is a New York police officer who falls for a successful Wall Street commodities broker. He seems the perfect man for Curtis until she discovers that he is a serial killer. Now Curtis must arrest and convict the man she loves. "Blue Steel" also stars Louise Fletcher and is co-produced by "Platoon" director Oliver Stone. MGM/United Artists.

Lamplighters' production of *MUSICALALE* set for December

The holiday season is upon us once again. You know what that means: relentless traffic, endless lines at the check-out counter, and yet another version of *The Nutcracker* and *A Christmas Carol*. Admittedly, these two shows are wonderful and pack 'em in every year.

But what about that segment of theater-goers who just don't think they can sit through one more *tutu* or *The Ghost of Christmas Past*? Well, La Mesa's Lamplighter Theater is proud to announce its holiday offering of *MUSICALALE! A Broadway Celebration*.

This production, directed by Oza Whitten, lives up to its title with a song and dance filled evening of the best songs from the Broadway musical stage. The 10 member cast includes Krista Cousineau, Marlene Gorelow, Lydia Miller, Ann Strong, Sandy Yamak, Dan Campbell, Jeff

Engber, Chuck Price, Bill Suiter and Jim Zians. Musical selections include medleys from *The Phantom of the Opera*, *Les Misérables*, *A Fiddler on the Roof*, *Man of La Mancha*, and favorite show tunes from *Cats*, *They're Playing Our Song*, *Big River*, *Pippin*, and many others, even a selection from the new Andrew Lloyd Webber production, *Aspects of Love*. *MUSICALALE* opens December 15th and runs through New Year's Eve. Ticket prices are \$8 for general admission and \$7 for senior citizens.

A special performance is slated for New Year's Eve. Tickets will be \$15 which will include the performance, a dessert buffet, beverages, party favors and a surprise that is sure to be the best way to ring in the New Year. Call 464-4598 for reservations or information regarding dates and times.

The Smarter Choice White—Westinghouse

Lowest energy and water usage of any washer. Save up to 500 gallons of water per month!

Available stacked or as freestanding, side-by-side units!



- Saves up to 500 gallons of water per month
- Saves space—use stacked or side-by-side
- Lowest operating cost of any standard-size washer
- Unique 2-way tumble wash action
- Tumbles clothes through soapy water nearly 50 times per minute for thorough, gentle cleaning
- Dependable electronic drive system—no mechanical transmission to need repair or replacement
- Matching dryer with Auto Dry & Timed Dry cycles

WE SERVICE
WHAT WE SELL

LA MESA APPLIANCE

4767 Palm Ave. • La Mesa • 461-7560
Mon.-Fri. 8 a.m.-5:30 p.m. • Sat. 9 a.m.-5:30 p.m.
90 days same as cash on approved credit

CASA DEL SOL

Mexican Restaurant

THE BEST IN LEMON GROVE SINCE 1970
IN SERVICE AND QUALITY.

DOMESTIC AND IMPORTED BEER. • MEXICAN ATMOSPHERE



8131 BROADWAY, LEMON GROVE
PHONE: 466-6425

Grove BOWLING center

"A New Dimension in Fun"

Hwy 94 & College
The Grove Shopping Center
287-7000



La Terraza

MEXICAN RESTAURANT

PHONE:
698-4434
3559 SWEETWATER WAY
LEMON GROVE, CA 92045



WET WILLIE'S CANTINA

Check Our Daily Specials
Open 6 a.m.-2 a.m., 7 Days
3496 Main St., Lemon Grove
Across from the Trolley stop
589-5329



With This Ad

Domestic Bottle & Can Beer.....	\$1.00
(6 a.m.—8 p.m., as available)	
Michelob Dry, Dark, Regular	\$1.25
Corona, Tecate, Corona Lite, Kirin	\$1.25
Domestic Draft Beers	50¢
Imported Draft Beers	75¢

It's The Law

By Gregg F. Relyea, Attorney at Law

Question: I was stopped at a stop sign the other morning on my way to work. Suddenly, without warning, another car hit me from behind. My car was damaged and my neck and back injured. I don't want to get involved in a big legal battle if I can avoid it. Can I negotiate directly with the other driver's insurance company, and if so, how should I go about it and what should I expect from them?

Answer: Yes, you may negotiate directly with the other driver's insurance company if your injuries and property damage are minor. If you sustain more serious injuries, such as a bone fracture, head injury or paralysis, it is usually advisable to seek the advice of an attorney.

Even though an insurance company may be working on your claim, you must not wait longer than one year after your accident to file a lawsuit. A shorter deadline may apply if a defendant is a governmental entity, such as a City of County employee.

Since a settlement is usually final, you should not settle your claim until your injuries are healed. If your injuries will not stabilize within a year of the accident, you should contact an attorney in order to preserve your rights.

The insurance company will assign a property claims adjustor to handle the claim for damage to your car and a personal injury claims adjustor to handle your claim for physical injuries.

A simple phone call to the other driver's insurance com-

pany should start an investigation into your claim. The insurance company will want to look at your car to determine the nature and extent of damage. It is a good idea to take photographs of your car immediately after an accident as proof of its condition resulting from the accident. The insurance company will also request copies of your medical bills and records to confirm your claim for personal injuries. Be sure to keep copies of everything you send the insurance company, as well as notes of telephone conversations you have with them.

If the other driver's insurance company does not handle your claim fairly and promptly, you may have a direct claim against that insurance program for "insurance bad faith." In this type of lawsuit, you are entitled to recover compensation above and beyond damages for your personal injuries and vehicle damage, including compensation for damages incurred as a result of any unreasonable delay in the investigation or handling of your claim.

In addition to Supervisor Bilbray, the Blue Ribbon Committee is composed of local mayors and councilmembers from each of the region's 18 cities. The committee's recommendation calls for amendments to SANDAG's existing joint powers agreement, or JPA, to designate the association as the growth review board. Unanimous

Gregg F. Relyea
Attorney at Law

"It's The Law" is designed to provide general information to our readers. It is not intended as legal advice. Before taking action on information contained in this article, consult with the Lawyer Referral and Information Service at 231-8585.

Royal Heart Ball honors cardiovascular surgeon

Dr. Norman E. Shumway, MD, a pioneer in cardiovascular surgery and one of the founding fathers of heart transplant, has agreed to be the Honorary Chairman for the American Heart Association's Royal Heart Ball scheduled for March 3, 1990 at the U.S. Grant Hotel. Shumway is the Frances and Charles D. Field professor and chairman of the department of cardiovascular surgery at Stanford University School of Medicine. The Royal Heart ball is being held for the first time in San Diego and promises to carry out the tradition of elegance and grace that distinguishes the Heart Ball in cities across America.

"We are delighted that Dr. Shumway has consented to be the Honorary Chairman of San Diego's very first Heart Ball," said chairman Diana Silva. Silva has recently moved to San Diego from Washington, D.C., where she worked on two Heart Ball committees.

Those events each raised over \$350,000. The Heart Ball in Phoenix, Arizona, held last fall, raised \$200,000, with a number of

San Diegans in attendance.

Dallas, Texas holds the oldest and most spectacular Heart Ball, with an international guest list and proceeds over \$400,000. Atlanta, Georgia reached \$400,000 this past year. Orange County has been holding the Heart Ball for four years. Last year's event featured cabaret entertainment from New York, and the event cleared \$100,000.

In San Diego, some of our city's most prominent volunteers have joined together to make this premier event an unforgettable night. It is the first black-tie event to benefit the San Diego chapter of the AHA.

"The American Heart Association in San Diego reaches so many lives," said Silva, "and heart disease is our number one health threat. We are asking the community leaders to join in this once-a-year effort to fight back."

Volunteers are selling individual tickets at \$150 per person. Donors and corporate donors are being sought to buy tables of ten.

For further information, please call the American Heart Association at 291-7454.

Elected officials select SANDAG to develop area growth strategies

Culminating a year's work, the Proposition C Blue Ribbon Committee, chaired by San Diego County Supervisor Brian Bilbray, has endorsed SANDAG (San Diego Association of Governments) as the public agency to serve as the "Regional Planning and Growth Management Review Board."

SANDAG directors accepted the committee's recommendation for distribution and approval to the association's member agencies at their October 27th board meeting.

If the region's 18 city councils and the county board of supervisors approve the new designation, SANDAG will develop a regional growth management strategy which would address issues such as quality of life objectives, growth rate policies, phasing and distribution of growth, open space preservation and the siting and financing of regional facilities.

In addition to Supervisor Bilbray, the Blue Ribbon Committee is composed of local mayors and councilmembers from each of the region's 18 cities. The committee's recommendation calls for amendments to SANDAG's existing joint powers agreement, or JPA, to designate the association as the growth review board. Unanimous

approval by the 18 cities and county is required to amend SANDAG's joint powers agreement.

SANDAG is a public agency which serves as a technical and informational planning resource for the region's 18 incorporated cities and the county government, who collectively are the 'association of governments.'

SANDAG is governed by a

Board of Directors composed of mayors, councilmembers and a county supervisor from each of the region's 19 local governments. SANDAG's monthly board meetings provide a public forum and decision point for significant regional issues such as transportation, environmental management, housing, open space, energy, economic development and criminal justice.

Roache promoted at county Building Industry Association

Jeannette Roache has been named staff vice-president of the Building Industry Association of San Diego County, announced BIA Executive Vice-President Robert Morris.

Roache, who will continue to act as the Director of Community Affairs, joined the BIA staff in 1987. Her new responsibilities will include helping manage association resources, assisting with directing and setting association

policy and acting as chief administrator in Morris' absence.

A former administrative aide to Assemblywoman Sunny Mojonnier, she continues to be active in both local and state legislative affairs and civic affairs.

Roache is the wife of Sheriff Department Captain C. J. Roache, who is also a member of the San Diego Unified School Board. They reside in Scripps Ranch and have two children, Ron and Keri.

Potters' Guild plans sale

The San Diego Potters' Guild will hold their Christmas Pottery Sale on November 11th and 12th from 10 a.m. to 4 p.m.

Hand-crafted pottery and sculpted pieces will be displayed in the Spanish Village courtyard in Balboa Park, located between the Zoo and the Natural History Museum.

Get a fare deal and high rate CDs at Imperial Savings

(Save 50% on your next United Express flight!)

High interest and guaranteed earnings have always been two of the best reasons to invest with Imperial Savings.

Now there's a third. And if you like to travel, it may be the best reason of all.

Right now, when you deposit \$5,000 or more in a CD for 6 months or more, you'll receive a coupon that entitles you to 50% off any United Express flight from now until June 30, 1990.

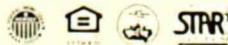
So while your money works hard, you can relax. In Palm Springs. Reno. San Francisco. Tucson. San Diego. Anywhere United Express flies in California, Nevada or Arizona.

And that's not all. Besides saving money on your next vacation, you'll also earn one of the highest CD rates in California. Plus you'll have an investment that's fully insured by the federal government up to \$100,000.

The fare deal from Imperial Savings. For high rates when you invest and great savings when you travel, it simply can't be beat. To open your account just visit your nearest branch of Imperial Savings.

Do it today. And get yourself a fare deal.

Rates and terms subject to change.



Imperial Savings

7770 Broadway
Lemon Grove 463-8871

UNITED EXPRESS

Fifty percent discount applies only to published unrestricted Y9 fares on any United Express flight operated by WestAir (flights 3100-3569), and is not valid for discount off published discount excursion fares. Not transferable and cannot be combined with other discounts or offerings. Not valid for travel after June 30, 1990.

Ministry delivers its message through drama

AGLOW: The Covenant Players, a world wide ministry, will challenge you to think about things that you wouldn't have otherwise, as they minister to you through drama, at the "Share a Dish Meeting" on Thursday, November 16 at 9:30 a.m. in the Snifsen Hall, adjacent to St. Andrew's Episcopal Church, 4816 Glen Street in La Mesa.

There is no charge, just bring a dish, yourself and a friend, if desired. R.S.V.P. helpful, but not mandatory. Call Gloria at 448-2520.

United Church of Christ to present singer, storyteller, Tom Hunter

Tom Hunter, nationally recognized singer, songwriter and storyteller, will be in concert Friday, November 10th, at 7 p.m. at the United Church of Christ of La Mesa, 5940 Kelton Avenue. Admission is \$5 for persons 13 and older, while 12 and under are free.

For years host of a popular weekly show on KGO radio in San Francisco, Tom Hunter blends music with storytelling designed to reach all ages. Friday's concert will have two parts: the opening segment will be geared particularly to younger children. Following a hosted refreshment intermission, the second half will be for "all older kids." A program for younger children will be provided in Friendship Hall during the second half of the concert.

The program is sponsored by The Great Day, an ecumenical Christian choral ensemble that itself has performed across the United States and in Great Britain, Australia, and New Zealand. Further information may be obtained by calling the church at 464-1519.

Shopping center hosts Faire

Come to the Fall Arts and Crafts Faire at the La Mesa Springs Shopping Center (Allison and La Mesa Blvd.) on Saturday, November 11th from 8:30 a.m. to 3:30 p.m. Artists and craftpersons will offer their exciting selections of fine arts and handcrafted items, great for holiday gift giving. Proceeds will benefit the Lutheran High School of San Diego. Refreshments will be available, and admission is free.

1 hour
Black and White
Color processing

BALTIMORE PHOTO LABS

BALTIMORE PHOTO LABS

6525 University Avenue
San Diego, CA 92115
(619) 265-1620

Helix High receives video equipment from Cox Cable and arts network

Cox Cable San Diego joined with the Arts & Entertainment Cable Network (A&E) to introduce A&E's National Cable Television Library Program to the Helix High School Library recently.

"Cox Cable is pleased to be an active partner with A&E in their national library program," said Robert G. McRann, Senior Vice President and General Manager of Cox Cable San Diego. "We are stepping up our commitment to helping the community now and throughout the 1990's through active, meaningful participation. A&E's library program is a good example of this commitment in action."

As part of the national library program, Cox Cable and A&E presented a collection of A&E program videotapes and a complete RCA VCR/television monitor system to Helix High School Library recently. A selection of books based on A&E programs,

which accompanied the tapes and monitor system, were also donated. In addition, McRann announced that Cox Cable is planning a major construction project to provide Helix High School with cable services.

"Helix High School is very pleased to be a recipient of the National Cable Television Library Program," said Gerry Stanley,

special education department head, Helix High School. "The video equipment will be used by the entire school and will also be instrumental in teaching our hearing impaired students," he added. "By working together, Cox and A&E demonstrate how cable operators and cable networks can use their resources to support local communities."

Baha'i organize hurricane benefit

To aid the victims of Hurricane Hugo, Baha'i throughout San Diego County have organized an effort to collect non-perishable food, blankets, towels, and kitchen and eating utensils. The goal for the drive is to collect five tons of goods which will be shipped by truck to an emergency shelter located in the central part of South Carolina. While the Red Cross has been collecting monetary donations to aid the earthquake victims of Northern California, the Baha'i feel that the project they are sponsoring is a good opportunity to those citizens who prefer to contribute goods to help people in need. Members from the East County Baha'i communities will be receiving donations of goods from the public on Sunday, November 12th from 10AM until 4 PM at the La Mesa City Hall parking lot at 8130 Allison Avenue. Scott Patton and Marcia Baltgalvis, both Baha'i from La Mesa, are coordinators for this project. Please feel free to call Scott at 464-7692 or Marcia at 589-5239 for more details.

Holiday tradition again at Horton Plaza

Sights and sounds of the approaching holiday season will abound during "Light Up The Night" at Horton Plaza on Friday, November 17. Fast becoming a San Diego tradition, the annual benefit concert sponsored by Horton Plaza and the Community Service Center for the Disabled (CSCD) is hosted this year by Pat Brown and Dave Hood of PM Magazine.

Beginning at 6:30 p.m., favorite holiday music will be provided by The Glory Ringers, the internationally-renowned Foothill United Methodist Church Bell Ringers under the direction of Carol Payton; St. Paul's Cathedral Choristers and

Men Choristers led by Edgar Billups; the San Diego County Combined Salvation Army Band directed by Charles Hansen. A special candle lighting ceremony will follow.

Open to the public, this event attracts thousands to the foot of the Plaza's grand staircase where they can enjoy free entertainment, holiday refreshments and, at 8 p.m., the grand arrival of Saint Nicholas and the Snow Princess.

A voluntary donation of \$3.00 to light a candle will benefit CSCD. An organization run by and for disabled persons, CSCD provides job placement, housing assistance, peer counseling and other assistance to some of the

more than one-quarter million community members in need in San Diego. Other sponsors for "Light Up The Night" include First Capital Life Insurance, KJOY Radio, Arthur Anderson Company, Southern California Edison, Designcorp and Kaiser Permanente.

Festivities will continue Friday night with the "After The Light Party" at the U.S. Grant Hotel on Broadway from 8:30 p.m. to 12:30 a.m. For a small donation (proceeds to CSCD), San Diegans will rock to live music from the popular rock group, "Class Action," view works by talented local artists, take advantage of a lavish buffet and a no-host bar.

Helix stages *Up The Down Staircase*

By Janice Durick

The scene opens; students push their way through noisy, crowded halls, yelling to each other over the din. Boys cluster around attractive girls wearing hot pink stretch pants, and exasperated teachers try vainly to control overly boisterous classrooms.

This scene is from the theme production now going on at the Helix Little Theater, and what could be more familiar: The play, titled *Up The Down Staircase*, is set in the dirty, chaotic world of Calvin Coolidge High School in New York city.

The plot is centered around a recent college graduate teaching her first year there. Sylvia, the newcomer (played by Jolie Mounts), is young, intelligent, fresh-faced and gives a whole new meaning to the word "green." Despite her energetic

attitude, Sylvia becomes overwhelmed by a large number of students and situations that college didn't prepare her for. Salvation comes in the form of Bea Shachter (played by Jessica McNeil), an older, more experienced teacher, who warns the younger one about the evils that may befall her ("Better you should have taken karate.")

Every story has a love interest, and this one has an incredible ego. Paul Barringer (played by Eric Curtis) is the dashing, intelligent, yet shallow young writer who works as a teacher while he waits for his novel to be published.

Among the cast of faculty are Charlotte Wold, the distant school nurse (played by Jennifer Poole); Mr. McHabe, the strict and establishment-oriented vice-principal

(played by Hoa Dao); and Dr. Clarke, the omnipotent yet little seen principal (played by Derek Henderson).

It is often said that there are no small parts, only small actors. This saying proves true, because although they don't have many lines, the real stars of the show are the various students of Calvin Coolidge. One of Sylvia's biggest problems is the rebellious but intelligent Joe Ferrone, (played by Pat Gallant), who seems to be as frustrated with the school system as she is.

Another student is Alice Blake (played by Janice Durick), a dreamily romantic girl who sets her affections on her English teacher, Paul Barringer.

"Auditions went really well," said Ruth Rivera, drama instructor. "I chose the play because I thought it would be a lot of fun, not only to perform, but to produce. I wanted to get as many people involved as possible, and with a total of 30 parts, *Up The Down Staircase* accomplished that," she added.

Rivera said tentative dates for the play are Dec 8 and 9, and Dec. 13 and 15.

College opera to present *Carmen*

The Grossmont College Opera Theater will present a full production of the Opera *Carmen* by George Bizet with Orchestra.

Performances are November 17 and 18 at 8:00 p.m. and November 19 at 3:30 p.m. at the East County Performing Arts Center in El Cajon. Cost of tickets are: \$8.00 General Admission and \$6.00 for Seniors, Students and Children.

This production will be presented in English, so bring the whole family and come and enjoy the most famous melodies in Opera.



Grand Openings abound!



At right, Sam Marasco of Landgrant Development, addresses guests at Lemon Grove Plaza's Grand Opening ceremonies.



At left, City and Chamber members assist with the Plaza's ribbon-cutting.



Jason, Candy, Erica, and Steve Aldrich celebrate the Grand Opening of Color Me Beautiful by Erica in Lemon Grove Plaza, Saturday, Nov. 4.



Matthew, Don III, and Don Warrant were drawn to the classic cars on display during the Plaza's Grand Opening. Rumor has it that Don tried to buy the Corvette with the \$500 he won in the Chamber Drawdown!

PUBLIC NOTICES

NOTICE OF APPLICATION FOR CHANGE IN OWNERSHIP OF ALCOHOLIC BEVERAGE LICENSE

To Whom It May Concern:
Markos I. & Melpo M. VOULGARIS
are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at:
3521 Lemon Grove Avenue
Lemon Grove 92045
with On-Sale Beer and Wine Bona Fide Public Eating Place licenses.
Lemon Grove Review
November 9, 1989

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 89 24222
The Name of the Business:
CONSOLIDATED ENTERPRISE
located at: 1706 La Corts in Lemon Grove 92045 is hereby registered by the following owners:
JAMES R. EYLER
4511 Glen St.
La Mesa, CA 92041
and
ROBERT W. EYLER
1706 La Corts
Lemon Grove, CA 92045
This business is conducted by: Co-Partners.

The registrant commenced the transaction of business on: 5/13/83.

Signature of Registrant:
JAMES R. EYLER
James R. Eyler

This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 25, 1989.

Lemon Grove Review
November 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 89 24146
The Name of the Business:
THE COHEN GROUP
located at: 3550 Camino Del Rio North, Suite 100A in San Diego, 92108 is hereby registered by the following owner:

HANNAH SIMA COHEN
17210 Vendor Place
Poway, 92064

This business is conducted by: an individual.

The registrant commenced the transaction of business on: October 12, 1989.

Signature of Registrant:

HANNAH S. COHEN
Hannah S. Cohen, President

This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 24, 1989.

Lemon Grove Review
October 26, November 2, 9 & 16, 1989

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 89 23561

The Name of the Business:
DUGGIE'S KART PARTS

located at: 2784 Cypress Ave. in Lemon Grove, 92045 is hereby registered by the following owners:

MELVIN P. DUGGIE
2784 Cypress

Lemon Grove, CA 92045
and

JUDY B. DUGGIE
2784 Cypress

Lemon Grove, CA 92045

This business is conducted by:
Individual-Husband and Wife.

The registrant commenced the transaction of business on: 10-11-89.

Signature of Registrant:
J.B. DUGGIE
Judy B. Duggie, Owner

This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 10, 1989.

Lemon Grove Review
October 19, 26, Nov. 2 & 9, 1989

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 89 24148

The Name of the Business:
FIRE AND LIFE SAFETY SERVICES

located at: 2628 Buena Vista Ave. in Lemon Grove, CA 92045 is hereby registered by the following owners:

BRIAN SCOTT CHILDS
2628 Buena Vista Ave.

Lemon Grove, CA 92045
and

SHAREN KAY CHILDS
2628 Buena Vista Ave.

Lemon Grove, CA 92045

This business is conducted by:
Individuals—Husband and Wife.

The registrant commenced the transaction of business on: October 25, 1989.

Signature of Registrant:
BRIAN CHILDS
Brian Childs, Owner

This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 24, 1989.

Lemon Grove Review
October 26, November 2, 9 & 16, 1989

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 89 24145

The Name of the Business:
ALL IMPORTS

located at: 7923 Broadway in Lemon Grove, CA 92045 is hereby registered by the following owners:

ALIJANDRINO TOJINO
7923 Broadway

Lemon Grove, CA 92045
and

LUNINGNING TOJINO
7923 Broadway

Lemon Grove, CA 92045

This business is conducted by:
Individual-Husband and Wife.

The registrant commenced the transaction of business on: N/A.

Signature of Registrant:
LUNINGNING M. TOJINO
Luningning M. Tojino

This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 24, 1989.

Lemon Grove Review
October 26, November 2, 9 & 16, 1989

NOTICE OF FILING NEGATIVE DECLARATION

Draft Negative Declaration of Environmental Impact have been filed by the City of Lemon Grove for the following projects:

89-ND-20 - A project which con-

sists of the demolition of an existing restroom building and the construction of a 360 square foot restroom building in the same location within an existing 6.02 acre city park located on the east side of the 2200 block of Washington Street, a portion of Lot 15, Map No. 731, Lemon Grove Addition No. 1, Refiled Applicant City of Lemon Grove.

Initial studies which have been pre-

pared for the above projects are avail-

able for public review in the Office of the Community Development Department, 3232 Main Street, Lemon Grove, California 92045.

Written comments regarding the ade-

quacy of these Negative Declarations must be submitted to the City of Lemon Grove Community Development Department, 3232 Main Street, Lemon Grove, California within ten (10) days of the publication of this Notice.

James R. Butler

JAMES R. BUTLER
COMMUNITY DEVELOPMENT
DIRECTOR

Lemon Grove Review
November 9, 1989

NOTICE OF PETITION TO ADMINISTER ESTATE OF JAY DEAN ALLEN

Case Number: 150561

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of: JAY DEAN ALLEN.

A PETITION has been filed by HARRY R. ALLEN in the Superior Court of California, County of SAN DIEGO

THE PETITION requests that HARRY R. ALLEN be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act.

(This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on November 27, 1989 at 1:45 P.M. in Dept. F-5, located at 1501-55 Sixth Avenue, San Diego, CA.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file

with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:

GERALD S. MULDER, ESQ.
8550 La Mesa Boulevard
La Mesa, CA 92041
460-2220

Lemon Grove Review
November 9, 16 & 23, 1989

Fictitious Business Names BY MAIL!

Now you can renew your Fictitious Business Name Statement (or file a new one) without interrupting your busy day. The Lemon Grove Review and the Spring Valley Bulletin will mail you the forms to complete at your convenience, and you can complete the process by returning the forms by mail or in person.

Call 469-0101 to have forms sent to you. Remember, you must renew your Fictitious Business Name every five years.

WANTED Advertising Sales Reps

Experienced or just plain willing to learn. Full-time or Part-time. Ideal for retirees, college students, or homemakers who want to set their own schedules. If you have a pleasant personality and the desire, we'll train you to be successful. Several open territories—apply now and you may choose where you want to work. Call 469-0101 for more information.

Forum Publications, Inc.
The La Mesa Forum
Lemon Grove Review/
Spring Valley Bulletin
7834 Lester Avenue
Lemon Grove, CA
92045

SERVICE DIRECTORY

CLASSIFIED

Accounting

THE TAX BYTE

1138 Broadway, Ste. 202
El Cajon, CA 92021
Guy Hill - 442-2983

Accounting • Bookkeeping •
Individual, Partnership, Corporate
Income Taxes • Consulting

Automotive Repairs

Guaranteed Brake & Muffler

"Our name says it all..."

7319 Broadway
Lemon Grove
469-8827

Catering

Top Hat Catering
7810 Broadway
Lemon Grove
469-8889

Dance Orchestras

THE FOUR "HART-BEATS"
Bouncy Music of the 40's
YOU'LL LOVE IT!
References

FRED HART 449-4979

Disposal

EDCO DISPOSAL



COMMERCIAL
INDUSTRIAL
RESIDENTIAL
TEMPORARY BIN
6670 Federal Blvd.
Lemon Grove
287-4230

Insurance

Charlie Roberts
Ronn Hall
2615 Sweetwater
Springs Boulevard
Suite G
Spring Valley, CA
92078
670-8232

Your Ad Can Reach Over 10,000 Readers
By Advertising in the Service Directory:

4 Weeks - \$36.00 13 Weeks - \$96.00 52 Weeks - \$300.00

Call 469-0101 for more information
or to place your ad.

Lawn Mower Repairs

Ivan's Lawn Mower Repair
433 G Sweetwater Rd.
Spring Valley
267-5660

Motels

NATIONAL INN 9

Quality lodging at reasonable rates

- ★ 62 modern units
- ★ Free cable & HBO
- ★ Complete Kitchens
- ★ Day-Week-Month

A good place for friends & family while in town.

8429 Broadway
Lemon Grove
463-9353

Painting

TOP QUALITY PAINTERS

Interior/Exterior
20 Years Experience
Fast & Efficient
Free Estimates

Senior Discount
Good References

JIM 463-8748

QUALITY PAINTING

Int./Ext. • Fast, Neat
Custom Painting,
Reasonable, Prompt
Free Estimate
466-1394

Pet Stores

LEMON GROVE PETS

Our customers count

7969 Broadway
Lemon Grove
460-1963

BUTTONS N' BOW'S PET GROOMING

Open 7 Days
Evenings by Appt.
9621 Campo Rd.
Spring Valley
464-2268

Printing

Letter-Kraft Printing
3135 Lemon Grove Ave.
Lemon Grove
463-6601

Realtors

Eva Berry
Century 21/Pearce Realty
7779 Broadway
Lemon Grove • 463-6625

Shoe Repair

Lee's Shoe Repair
9731 1/2 Campo Rd.
Spring Valley
464-9807

Stationers

Marder's
Stationers
7939 Broadway
Lemon Grove
469-4386

Storage

Records,
Personal,
and Inventory

LEMON GROVE SELF STORAGE

(619) 469-6166

Travel

Lemon Grove's
ONLY
Travel Agency
Pa-Lantic
Travel Service
7735 Pacific Ave.
Lemon Grove
466-9999

Horizon Travel
6529 University Ave.
San Diego, CA 92115
287-8880

Casa de Oro Travel

9768 Campo Rd.
Spring Valley, CA 92077
461-8222

Video Taping Weddings

Memories
On
Video
Wayne R. Buttron
460-0461

announcements

GIVE THE GIFT OF LIFE - Help a childless couple become a family. Carry a child for an infertile couple. Previous childbirth required. Please call 1-800-447-6219.

WEIGHT LOSS - Safe, rapid weight loss (3-5 lbs. wk). Phys. Recom. Debbie 470-3243.

automobiles

ATTENTION - GOVERNMENT seized vehicles from \$100. Fords, Mercedes, Corvettes, Chevys. Surplus Buyers Guide. 1-602-838-8885 Ext A 3020.

CASH FOR CARS or Trucks. Running. \$500. 264-8726

business opportunities

DIET & GROW RICHHH! Debbie 470-3243.

OWN YOUR OWN APPAREL OR SHOE STORE. CHOOSE FROM: JEAN/SPORTSWEAR, LADIES, MEN'S, CHILDREN/MATERNITY, LARGE SIZES, PETITE, DANCEWEAR/AEROBIC, BRIDAL, LINGERIE OR ACCESSORIES STORE ADD COLOR ANALYSIS. BRAND NAMES: LIZ CLAIBORNE, HEALTH-TEX, BONNIE & BILL, ST. MICHELE, FORENZA, BUGLE BOY, LEVI, CAMP BEVERLY HILLS, LESLIE FAYE, LUCIA, OVER 2000 OTHERS.

OR \$13.99 ONE PRICE DESIGNER, MULTI TIER PRICING DISCOUNT OR FAMILY SHOE STORE. RETAIL PRICES UNBELIEVABLE FOR TOP QUALITY SHOES. NORMALLY PRICED FROM \$19. TO \$60. OVER 250 BRANDS, 2600 STYLES. \$18.900 TO \$29.900: INVENTORY, TRAINING, FIXTURES, AIRFARE, GRAND OPENING, ETC. CAN OPEN 15 DAYS. MR. LOUGHIN (612) 888-4228.

employment

\$60.00 PER HUNDRED remaining letters from home! Details, send self-addressed, stamped envelope to: Associates, Box 309-T, Colonia, NJ. 07067.

ATTENTION: EARN MONEY READING BOOKS! \$32,000/year income potential. Details. 1-602-838-8885 Ext. Bk 3020.

\$350 / DAY processing phone orders! People call you. No experience. Call (refundable) 1-315-733-6063, Extension P-341.

EARN MONEY typing at home. \$30,000/year income potential. Details 1-805-687-6000 ext. B-1285.

lost & found

PART-TIMERS - Earn \$700 to \$1000 per month. Call 258-1418.

EARN MONEY watching TV! \$50,000/yr income potential. Details (1) 805-687-6000, Ext. K-1285.

HOME WORK - SPARE TIME Paint lovely miniature toys, earn \$20 set. No exp. nec. Amazing recorded message reveals details. Call anytime 1-900-456-4567.

\$350 A DAY! Processing phone orders. People call you. No experience necessary. Call (refundable) 1-849-8697 EXT. K2945.

SUBWAY SANDWICHES needs day & night help. Flexible hours. Apply in person. 6971 Broadway, Lemon Grove.

HELP WANTED! SALES - Looking for energetic people interested in earning potential equal to your own ambition. Exciting revolutionary product will be one of top-selling Christmas items for 1989. Call for screening interview. M-F 9 a.m.-3 p.m. Ask for Jean - (619) 589-7737.

WRITERS, PHOTOGRAPHERS, freelance. Small weeklies in East County need your assistance. Call 469-0101 for info.

EARN MONEY reading books! \$30,000/yr. income potential. Details. 1-805-687-6000 ext. Y-1285.

ATTENTION - HIRING! Government jobs - your area. \$17,840 - \$69,485. Call 1-602-838-8885. Ext. R3020.

lessons-seminars

MANAGE MULTIPLE PRIORITIES - Sat., Dec. 9. \$20 at National Univ. Call 563-2594 or 466-0622.

SELF-HEALING seminar includes self-massage. Mon., Dec. 4 & 9, 9:30-noon. SDSU-EGO. 294-9466 or 466-0622. \$10. Book is \$5.

LOST - Large, black male cat in 8600 block Lemon Ave., L.M. No front claws, no markings. House pet. Reward if found. Call Gretchen, 464-0962.

real estate

WANTED - LEMON GROVE home, Jerry at 466-9999. Principals only.

ATTENTION - Government homes from \$1 (U-repair). Delinquent tax property. Repossessions. Call 1-602-838-8885 Ext. GH 3020.

7 UNITS - LEMON GROVE AREA - EXCELLENT RENTAL - 5-2Br/1.5Ba townhouses plus duplex. Large lot in quiet residential area. Only \$425,000. OWC. Rod Aries, ext. 121. ACI INVESTMENTS (619) 299-3000.

Classified Ad Coupon

Classification Desired _____

Message _____

Name _____

Phone Number _____

Send your check for one dollar per line per week with your ad to:

Forum Publications, Inc.
P.O. Box 127
Lemon Grove, CA 92045

SAVE \$3.00

Subscription Coupon

Yes, I want to subscribe to the all new:

Lemon Grove Review La Mesa Forum
 Spring Valley Bulletin

By acting now I can save \$3.00 off the annual price of \$15.00 and receive 52 weeks for only \$12.00. I'm enclosing my check for \$12.00 to start my subscription immediately. Subscriptions which must be mailed to addresses outside of San Diego County are \$26.00 for 52 weeks.

Name _____

Address _____

City _____

State _____ Zip _____

Call: 469-0101
Mastercard/Visa
Accepted

Mail to: Forum Publications, Inc.

P.O. Box 127
Lemon Grove, CA 92045

for rent

ROOM FOR RENT - house privileges, \$375, 3 bedroom condo, quiet area. Adult. 698-9329.

OFFICE SPACE - 250 sq. ft. in Professional Building. Waiting room & receptionist available. Just off 8 & Fletcher Parkway. \$500/mo., utilities paid. 464-7771.

EL CAJON, \$510.00. Spacious 2 BD/2 BA, new dishwasher, frost-free refrig., A/C, pool. Walk to downtown. No pets. 225 Taft Ave. 579-6517.

LA MESA OFFICE - 10x10. For rent \$150 a month. Additional space avail. Call 697-6868.

LEMON GROVE - 7406 Central Ave. 3 Bdrm, 2 bath, 2 car garage. \$750.00 561-7697.

LA MESA 1-2 BR, \$410-\$485. Electric paid, pool, appliances, laundry, cat OK. Agent/223-2425.

for sale

BUY BOTTLED WATER for less than 5¢ per gallon. Call 562-2053.

GLASS DISPLAY CASES - \$50.00 each. Good Condition. Must sell - End of Lease. 660-2204.

services

DAY CARE - Licensed - Denise's Day Care, 589-7688.

DAMIAN'S COMPLETE LANDSCAPE Maintenance - A touch of class for the best price. Over 30 years experience. Sprinkler repairs & installation. Free estimates. Phone 469-0860.

BOOKKEEPING/TYPING/POSTING for small business/individual. Accurate-reasonable. Pickup/delivery can be arr. 276-0216 or 582-2064.

CARETAKERS AVAILABLE - Home, estate, farms, highly-qualified. Excellent refs. Bill & Kate Hecker, General Delivery, Dulzura, CA 92017.

COMPANION/ AIDE to ambulatory lady. Excellent references. 461-3659. Leave messages.

PAINTER. Int./Ext. Fast, neat custom painting. Reasonable, prompt free estimate. 466-1394.



BIG MESA farms

Open 7 Days, 8 a.m. to 9 p.m. • 460-0525
8745 Broadway (Hwy. 94 at Spring Street)

Serving the communities of Spring Valley, Lemon Grove, Casa de Oro, La Mesa and Jamul

We appreciate your business!!



BIG MESA FARMS –
"The Friendly Store"

LOW, LOW PRICE!

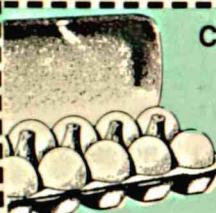
OAT
BRAN 99¢ lb.

SWEET,
VALLEY
CANTALOUP 19¢ lb.

LOW, LOW PRICE!
SWISS MILK \$1.99 gal.
Low Fat or Homogenized

WE CASH W.I.C. VOUCHERS AND ACCEPT
FOOD STAMPS. CHECKS CASHED WITH I.D.
AD EFFECTIVE NOV. 9th to NOV. 15th, 1989

COUPON MADNESS



COUPON
LARGE
EGGS
1 dozen
69¢

Please, Limit 1 • without coupon, \$1.29

Big Mesa Farms • Expires 11-15-89

COUPON

SPRINGFIELD
ORANGE
JUICE 59¢
12 oz.

Limit 2 • Reg. \$1.29

Big Mesa Farms • Expires 11-15-89

COUPON

PEPSI
Diet Pepsi, Diet Slice,
Mt. Dew, Caffeine-Free
2 Litre 99¢
Assorted Varieties, 6 Pack \$2.29

Big Mesa Farms • Expires 11-15-89

COUPON
FAMILY PRIDE
FLOUR
5 lb.

69¢

Limit 2 • without coupon \$1.09
Big Mesa Farms • Expires 11-5-89

MEAT

CHICKEN LEG
QUARTERS

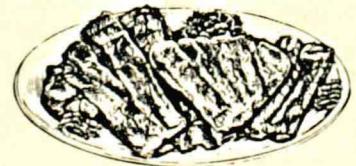
While Supplies Last

39¢ lb.

Limit 10 lbs.

COUNTRY STYLE
RIBS \$1.39 lb.

BEEF BACK
RIBS 89¢ lb.



TOP SIRLOIN
STEAKS \$2.29 lb.

COUNTRY STYLE PORK
SAUSAGE \$1.39 lb.

ASSORTED VARIETIES

COKE

2 Litre \$1.49

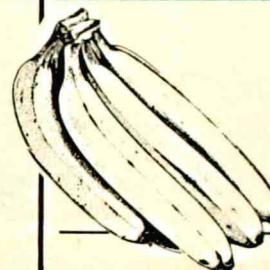
6 pack \$2.29

No Coupon Needed



Big Mesa Farms • No Coupon Needed

PRODUCE



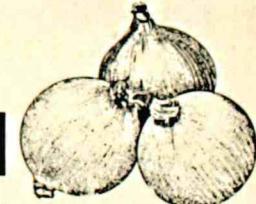
BANANAS
4 lbs. for \$1

FRESH!
12 oz. PACKAGE
CRANBERRIES
99¢ ea.



NAVEL
ORANGES
5 lbs. for \$1

BROWN
ONIONS
5 lbs. for \$1



SWISS ICE CREAM
1/2 gallon • assorted flavors

\$2.29

MORE SPECIALS

FAMILY PRIDE
WHEAT OR WHITE BREAD
2 for \$1
Limit 6, Reg. 59¢ ea.